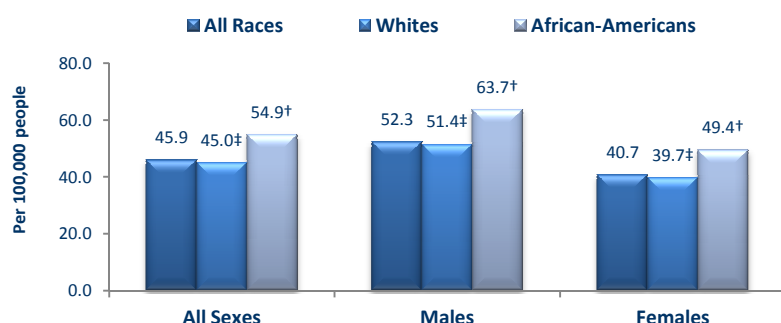




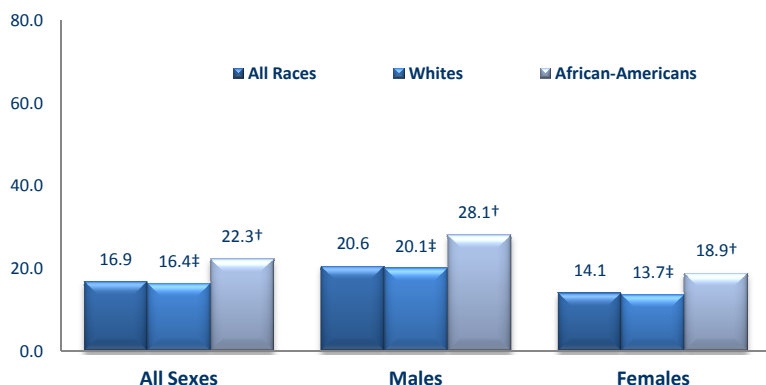
**COLORECTAL CANCER** is the third most commonly diagnosed cancer and cause of cancer-related death among both males and females in Indiana.<sup>1</sup> In 2014, the American Cancer Society estimated that 3,020 Hoosiers will be diagnosed with colorectal cancer, and 1,090 will die because of the disease. The lifetime risk of developing colorectal cancer is about five percent for both men and women in the United States.<sup>2</sup> In Indiana, African-Americans have higher colorectal cancer incidence and mortality than whites, and men have higher rates than women.<sup>3</sup>

Figure 1. Colorectal Cancer Incidence Rates by Sex and Race\* — Indiana, 2007–2011



**SEX AND AGE** are the two greatest risk factors. During 2007–2011, colorectal cancer incidence rates were 29 percent higher among Indiana men than women. Additionally, during 2011, 90 percent of cases were diagnosed among Indiana residents ages 50 and older.

Figure 2. Colorectal Cancer Mortality Rates by Sex and Race\* — Indiana, 2007–2011



\*Age-adjusted

†Rate among African-Americans is significantly higher ( $P < .05$ ) than rate among whites

‡Rate among males is significantly higher ( $P < .05$ ) than rate among females

Source: Indiana State Cancer Registry

## Who Gets Colorectal Cancer?

Sex and age are the two greatest risk factors for developing colorectal cancer. Additional risk factors include:

- ❑ **Race.** In Indiana, during 2007–2011, African Americans had a 22 percent higher incidence rate (54.9 versus 45.0 cases per 100,000 people) and a 36 percent higher mortality rate (22.3 versus 16.4 deaths per 100,000 people) when compared with whites.<sup>3</sup>
- ❑ **Personal or family history.** Risk is increased by having certain inherited genetic conditions (e.g. Lynch syndrome, also known as hereditary nonpolyposis colorectal cancer, and familial adenomatous polyposis), a personal or family history of colorectal cancer or polyps, or a personal history of chronic inflammatory bowel disease.
- ❑ **Smoking.** According to [The Health Consequences of Smoking – 50 Years of Progress](#), smoking is a known cause of colorectal cancer. In addition, smoking increases the failure rate of treatment for all cancers.
- ❑ **Diabetes.** Many studies have found an association between diabetes and increased risk of colorectal cancer. A recent study suggests that the association may be stronger in men than in women.<sup>2</sup>
- ❑ **Modifiable risk factors.** Obesity, physical inactivity, a diet high in red or processed meat, and alcohol consumption may increase colorectal cancer risk.<sup>2</sup>

## Common Signs and Symptoms of Colorectal Cancer

- ❑ Early Stage: No Symptoms
- ❑ Late Stage:
  - Rectal bleeding
  - Blood in stool
  - Change in bowel habits
  - Cramping pain in lower abdomen
  - Weakness
  - Extreme fatigue



## Can Colorectal Cancer Be Detected Early?

- ❑ Colorectal cancer incidence rates have been decreasing for most of the past two decades in the United States. The decline accelerated from 1998 to 2007, which has largely been attributed to increases in the use of colorectal cancer screening tests that allow the detection and removal of symptomless colorectal polyps before they progress to cancer. A similar trend has been seen in Indiana.
- ❑ When detected at the local stage, the five-year survival rate is 90 percent.<sup>2</sup> In Indiana, during 2007-2011, 39 percent of colorectal cancers were identified in the local stage.<sup>1</sup> If the cancer has spread regionally, the five-year survival rate drops to 70 percent.<sup>2</sup> If the cancer has spread distantly, the five-year survival rate drops to only 12 percent.<sup>2</sup>
- ❑ The U.S. Preventive Services Task Force recommends colorectal cancer screening for adults aged 50–75 using high-sensitivity fecal occult blood testing (FOBT) once a year, flexible sigmoidoscopy every five years (When done in combination with a high-sensitivity FOBT, the FOBT should be done every three years.), or colonoscopy every 10 years. Colonoscopy also is used as a follow-up test if anything unusual is found during one of the other screening tests. Talk to your doctor about which test or tests are right for you.
- ❑ In recent years, an increase in colorectal cancer incidence among younger adults has been identified in the United States. Therefore, timely evaluation of symptoms consistent with colorectal cancer in adults under age 50 is especially important.

## TAKE ACTION: Help prevent colorectal cancer

- ❑ Get screened regularly
- ❑ Avoid tobacco products
- ❑ Maintain a healthy weight throughout life
- ❑ Adopt a physically active lifestyle
- ❑ Limit consumption of alcohol
- ❑ Consume a healthy diet that:
  - Emphasizes plant sources
  - Supports a healthy weight
  - Includes five or more servings of a variety of vegetables and fruit each day
  - Includes whole grains in preference to processed grains
  - Has minimal processed and red meats

## GET INVOLVED: Join the Indiana Cancer Consortium (ICC)

- ❑ The ICC is a statewide network of over 100 agencies including the Indiana State Department of Health.
- ❑ ICC seeks to reduce the cancer burden in Indiana through the development, implementation and evaluation of a comprehensive plan that addresses cancer across the continuum from prevention through palliation.
- ❑ Become a member at [www.indianacancer.org](http://www.indianacancer.org).

## Resources

- ❑ For a colorectal cancer toolkit with resources and information, visit <http://indianacancer.org/colorectal-cancer-toolkit/>.
- ❑ To learn more about the colorectal cancer burden in Indiana, refer to the [Indiana Cancer Facts and Figures 2012](http://www.indianacancer.org) report at [www.indianacancer.org](http://www.indianacancer.org).
- ❑ Visit [www.QuitNowIndiana.com](http://www.QuitNowIndiana.com) or call 1-800-QUITNOW for help quitting smoking.
- ❑ To learn more about how to support healthy eating and physical activity throughout Indiana visit the Indiana Healthy Weight Initiative at [www.inhealthyweight.org](http://www.inhealthyweight.org).

## Reference:

1. Indiana State Cancer Registry Statistics Report Generator. Accessed at <http://www.in.gov/isdh/24360.htm> on February 10, 2014.
2. American Cancer Society; Colorectal Cancer Facts & Figures 2011-2013. Atlanta. American Cancer Society, 2011. Available online at <http://www.cancer.org/research/cancerfactsstatistics/colorectal-cancer-facts-figures>.
3. Indiana Cancer Consortium, Indiana State Department of Health and the American Cancer Society Great Lakes Division; Indiana Cancer Facts and Figures 2012. March, 2012. Available at <http://indianacancer.org/resources-for-indiana-cancer-consortium-members/indianacancerfactsandfigures2012/>. Updated cancer statistics are available online from the Indiana State Cancer Registry Statistics Report Generator at <http://www.in.gov/isdh/24360.htm>.